June 1, '81

Temperance.

sussion for the man who drinks; al suasion for the man who thinks; al suasion for the drunkard maker; al suasion for the statute breaker.

rofessor Moses Stuart, who, after ing used tobacco twenty-five years ke off the habit, writes :

that it undermines the health of sands; that it creates a nervous irritity, and thus operates on the temper moral character of men; that it often tes a thirst for spirituous liquors; tes a thirst for spirituous inquors; tit allures to clubs and grog-shops and ens; and, finally, that it is a very ous and needless expense are things t cannot be denied. And, if all this rue, how can the use of tobacco be de-ded by any one who wishes well to his wmen or has a proper regard to his usefullness."

medical names are of any avail, Muzzey, Piddock, Brodie, Jackson, rell, Cleland, Parker, Rush, Carl-Woodward, Hall, Spoor, Twitch-Warren, and a host of others, h in our own country and in rope. Nor is this strange, when the appalling testimony of a cole of physicians that twenty thous-in our own land die annually from poison. The only wonder is how doctor can fail to throw the whole ght of his influence against this

n the words of Dr. Budgett :

Tobacco is a poison of the most vir-nt and destructive character, and I be-e that a drachm of deadly nightshade ad not be more fatal than the same ntity of tobacco." ntity of tobacco.

avs another eminent physician :

know of no sin, among all the groups ins which crop out in our habits of ng, that for destructive vigor and ruin-accomplishment can compare with use of tobacco.'

h this view what shall be said of doctors who prescribe this poison a patient, and thus for a mere aporary soothing effect, brings him ondage entailing evils beyond com-tation to himself and family? A

thion to himself and family? A find led to such prescriptions. His au swer was: "I have not paid sufficient are not beau such a such a prescriptions. His au swer was: "I have not paid sufficient at such a such as such as a such as a such as a such as any index at to be such a such a such as such as any index at to be such a such as such as any index at to be such a such as a such as any index at to be such a such and such as a such as any index at to be such as a such as any index at the such as a such as any index at the such as a such as any index at the such as a such as any index at the such as a such as any index at the such as a such as any index at the such as a such as any index at the such as the such as a such as any index at the such as a such as any index at the such as a such as any index at the such as the such as any index at the such as the such asuch as tain physician recommended the

Says Solly, surgeon of St. Thomas's Hospital:

"I know of no vice which does so much harm smoking. It soothes the excited, nervous system at the time, to render it more irritable and more feeble ultimate-

A minister of rare qualities of head and heart, but of delicate organization and highly nervous temperament, who has, unfortunately learned to smoke, consults his trusted physician, What a grand opportunity for helping the man to knock off his fetters. she sees the fetters tightening, to hide her anxiety and her sorrow in her

own heart. Now, how can we account for such a course on the part of the accreditlook for counsel in all matters of hy-

giene 2007 1138 3Y3X Sometimes it may, without doubt, be explained on the ground of incouadvice, gave his only reason that, as the patient was old, and deaf, and in-firm, he thought smoking might be a ask, danger in the malarious air of little amusement for him !

health that his attending doctor felt air is better than any stale air. constrained to write to the veteran physician, asking information as to the medical value of tobacco, which

had led to such prescriptions. His an-swer was: "I have not paid sufficient

-the same that soon perish with GOLDEN EXILIR consumption in the close though generally well-warmed atmosphere of our northern menageries. Thousands of soldiers, hunters and lumbermen sleep every night in tents and open GOLDEN EXILIR sheds without the least injurious con-

sequences; men in the last stage of consumption have recovered by adopting a semi-savage mode of life, and camping out doors in all but the stormiest nights. Is it the draught you fear, or the contrast of tempera-ture? Blacksmiths and railroad con-Does he seize the occasion? Why, instead, he tells him that moderate smoking, "just a little," will not only not injure, but will help him—will quiet his excited nerves! So the min-inductors seem to thrive under such influences. Draught? Have you never seen boys skating in the teeth of a snow-storm at the rate of fifteen miles an hour? 'They counteract the ister's wife, who knows that he is the very last man that ought to smoke and sees that it is only confirming his unfavorable symptoms, is obliged, as less in her sleigh, or the pilot and helmsman of a storm tossed vessel? It cannot be the inclemency of the open air, for, even the sweltering summer nights, the sweet south wind, ed guardians of health, to whom we blessed by all creatures that draw the breath of life, brings no relief to the victim of ærophobia. There is no doubt that families who have freed themselves from the curse of sideration. A physician having re-commended one of his patients to healthier in the hearts of a great city Has never failed to cure Ulcers and Diseases of the Skin, Pimples, Blotches, Boils, Ringworms. commended one of his patients to healthier in the hearts of a great city smoke, on being questioned as to this than its slaves on the airiest highland of the southern Apennines."

A young clergyman, in feeble health, the Roman campagna or the Charles-ton meadows? Yes! There are rewas directed by his medical adviser to smoke. Some doubt being expres-sed on the subject, the case was re-not to live in such a region. You to smoke. Some doubt being expres-sed on the subject, the case was re-ferred to an old physician, who decid-might as well allow sewer gas in your ed in favor of the smoking. This bath-room and expect to escape the same experienced physician had, poison by keeping the chamber door twenty years before, recommended closed, as to live in a malarious swamp another minister to smoke, The re- and escape the malaria by trying to sults had proved so disastrons to his live in an air-tight house. Any fresh

Extracts from a Letter from C. H.! S Croukhite, Esq.

CANTERBURY STATION, YORK CO., N. B. October 10th, 1876.



and BOWELS, giving tone, energy, and vigor to these great MAIN SPRINGS OF LIFE. They are confidently recommended as a nover fail-ing remedy in all cases where the constitution, from whatever cause, has become impaired or weakened. They are wonderfully efficacious in all ailments incidental to Females of all ages; and as a GENERAL FAMILY MEDICINE, are unsurpassed.

filthy weed. He is attacked with woping cough. A wise (?) doctor commends smoking to quiet the roxysms of the cough, and himself igs and presents the first cigar to patient-his very best medical scription. Does he offer one to woman, suffering trom similar oxysms and with less strength to rthem? And the children with ir fearful coughing fits-does he ng a cigar for their relief? The or baby, too, who grows black and but dies in the struggle for breath ! s too young to smoke? Why not m, teach the little coughing sister fine art, and let her smoke in by's face? Does not every doctor w that under any such ill-omened I the tender infant would speedipine away and die? But what of the husband and fath after his first and second and third

ar? Why, grand man though he a man, too, of great strength of aracter-he becomes an inveterate oker. And, though, with his fine astitution, the ill effects on his alth may not at once be obvious, , like many another tobacco user. may be suddenly stricken down th apoplexy or heart disease, when e doctors, perhaps, will pronounce gment that he died from the efets of smoking. Will any one com-

boys aspire to a cigar? Shall their kill it. ing father forbid them, holding

the had long used it, did not have further. anged nervous systems and some-

nother prominent physician, who mself both chews and smokes, is mest enough to admit that "tobacis too deadly a poison to be used in as a medicine," and declares that e free from its use."

nother miserable tobacco slave, had tried again and again to k his fetters, but in vain, exclaimin his despair : "Tobacco is kill-me by inches, and yet I cannot pusing it." And it did kill mim. mext relatives, the anthropoid ape

said? His tell-tale breath, as he bends over his suffering patient, the very smell of his garments, to one for whose recovery God's pure air is a first necessity-are not these ample cause for his banishment from the sick-room, no matter how great his skill?

Said a highly intelligent and cultivated lady: "I would never employ as a physician, one who should smell of tobacco?" Are there not many who are ready to second this motion, and that for the sake of the doctor, as well as for their own sake?"

There is a fact well known to the profession which speaks volumes. It is that tobacco-using surgeons are unable to perform any nice operations, unless the nerves, unstrung by the narcotic, are first steadied by some powerful drug or alcoholic stimulant! Shall we trust our dear ones in such hands?

WHAT AIR SHALL WE BREATHE AT NIGHT ?

Many years ago Florence Nightingale assaulted the popular superstition against breathing night air by the unanswerable question, What other air can you breathe at night? Dr. Oswald in the last number of the m of his medical adviser for mal- "Popular Science Monthly," enters upon the assault against this superstithen who can tell what injury this tion, which survives every attack, ing father may not have entailed upon no other ascertainable ground is children, by the sore retribu- than that the less reason there is e law of heredity? And what if for a superstition the harder it is to

"Before we can hope," he says mself up in terrorem? Alas! this "to get rid of the consumption with avana cloud on the home's horizon ! any chance of success, we have to get a can say that it is not a very rid of the night-air superstition. It

A leading physician in one of our gest cities, in speaking of those b had indulged in this practice for ars, with But I have never known a habitual craft era. The subjection of holy co user whose children, born af- reason to hearsay could hardly go "Beware of the night-wind; be nes evidently weak minds. Shat- sure and close your windows after ed nervous systems of generations dark!' In other words, beware of come, may be the result of his in- God's free air : be sure and infect your lungs with the stagnant, azotiz-ed, and offensive atmosphere of your bed-room. In other words, beware of rock spring; stick to sewerage. Is and declares that tenable pretext for such an idea? would give five hundred dollars Since the day of creation that air has been breathed with impunity by millions of different animals-tender, delicate creatures, some of themfawn, lambs, and young birds. The most night-air of the tropical forest

is breathed with impunity by our

now it is hearly iso los., which is pretty were up to my former weight. The foregoing is a correct statement which I am prepared to swear to. and I hereby au-thorize yon to give it publicity is my name. I am, dear sir, yours truly, (Signed) C. H. S CRONKHITE,

(Signed) C. H. S CRONKHITE, We, the undersigned, hereby consent to have our names published as witnesses to the effects of *Robinson's Phosphorized Emulsion* on the person of Mr. Cronkhite, and do assert that the foregoing statement is correct in every particular.

every particular. ALEXANDEB BENNETT, J. P. (Signed) WILLIAM MAIN, REV. THOMAS HABTIN. Prepared solely by Hannington Bros., Phar-maceutcal Chemists, St. John, N. B., and for sale by Druggists and General Dealers. Price \$1.00 per bottle; six bottles for \$5.00.

The Common Expressions, "I feel so dragged," My jood don't Digest," "I do not feel fit for anything," which we so often hear during the Spring and early Summer months are conclusive evidence that the majority of people require at that season especially a re-liable medicine that will strengthen the organs of digestion, stimulate the circulation of the blood and "tonn up" the debilitated consti-tutioh.

Hanington's "Quinine Wine and Iron taken according to directicns, produces buoy-ancy of spirits, vigor of mind and gives lasting strength to the whole system.

Take Advice. If you are troubled with Indigestion Jaun-dice, Bilious Complaints, Bad Breath, Sick Headache, Heartburn, Waterbrash, Loss of Appetite, a senseof fallness or oppression after eating, a furred tougue, languor and aversion to exercise of mind or body, dejec-tion of spirits, dimness of vision, or any other diseases risinga from siaDyspep.try Fellows' Dyspepsia Bilters. They will give you inst-ant reflef Price25. cents.

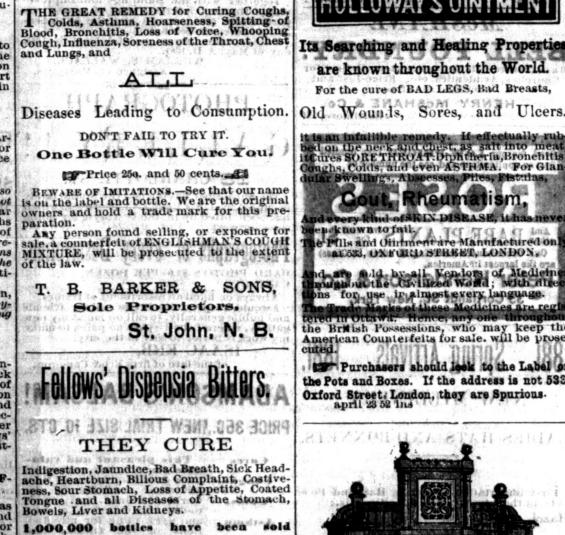
BEST AND COMFORT to the SUEF FRING

" Brown's Household Panacea" has "I Brown's Household Panacca" has no equalfor relieving pain, both internal and external. It cures Pain in the Side, Back or Bowels, Sore Throat Rheumatism, Tooth-ache, Lumbago and any kind of a Pain or Ache. "It will most surely quicken the Blood" and Heal, as its actor power is wonderful, "Brown's Household Panacea," being ack-nowledgeh as the great Pain, Reliever, and of double the strengtd of any other Elixir or lini-ment in the world 'shouls be in every family handy for use when wanten, "as it really is the best remedy in the world for Cramps in the stomach, and Pains and Aches of all kinds," and is for sale by all Druggists at 25 cents a bottle. Ieb21y

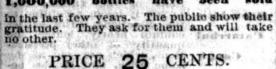
Consumption Cured.

An old physician, retired from practice, having had placed in his hands by an East india missionary the formula of a simple vegetable remedy for the speedy and per-manent cure for Consumption, Bronehilds, Catarrh, Asthma, and all Throat and Lung Affections, also a positive and radic, I cure for Nervous Debidity and all Nervous Com-plaints, after having tasted its wonderful curative powers in thousands of cases, has felt it his duty to make it known to his suffer-ing fellows. Actuated by this motive and a desine to relieve human suffering, I will send desire to relieve human suffering, I will send free of charge to all who desirelt, this recipe in German, French or English, with fall di rections for preparing and using. Send by mail by addressing with stamp, naming this paper. W. W. SHERAE, 149 lowers' Block, dec22 cow Rochester, N. Y

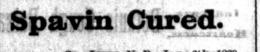
PECK'S, the only patented A TIFICIAL EAR DRUMSareCus ioned, Ventilated, Comfortab and unnoticed, andRestoreHea ing. Physicians highly recon-mend them. For Asthma DEAF BOPLE mend them. For Asth Catarrh. send for Dr. St Sure Banadles. Treatise mailed free H. P. K. PEC



(TRADE MARK.)



For sale by Druggists and General Dealers P. S. -The name FELLOWS & CO. is on every bottle.



ST. JOHN, N. B., Jan. 6th, 1880. DEAR SIRS:

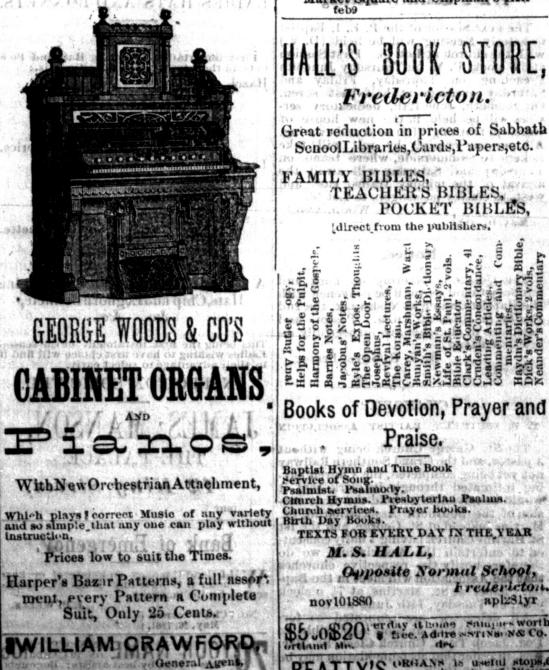
DEAR SIRS: In regard to your favor of a few days ago, I would say: About one year ago a horse own-ed by me contracted a large Bone Spavin for the cure of which I tried a number of the lini-ments and lotions advertised to cure the same, without any effect, and he became very lame. A friend of mind recommended me to try FELLOWS' LEEMING ESSENCE. I acted upon his advice, and noy I am happy to say the lameness his ceased and the spavin disap-peared. I now consider him entirely cured, and would cheerfully recommend FBLLOWS' LEEMING'S ESSENCE as being the best remedy in the market for all lameness that horses are subject to. Yours truly, Yours truly, subject to. THOS. F. FRY.

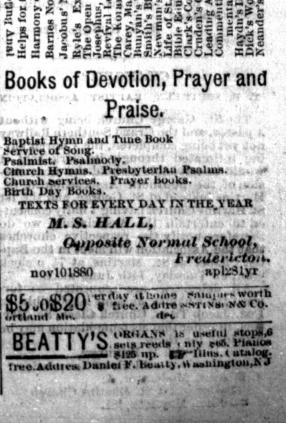
Horner's Anti-Bilious Pills SYMPTOMS OF A TORPID LIVER.

HORNER'S PILLS are especially adapted o such unsessione dose entries such a charge of feeling as to astonish the sufferer. 4 Charlotte St., St. John



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